

FOOD AND NUTRITION BOARD
SUBCOMMITTEE ON THE TENTH EDITION OF
THE RDAS

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The Food and Nutrition Board wishes to acknowledge the contributions of the Committee on Dietary Allowances that worked on the tenth edition from 1980 to 1985. The committee was chaired by the late Henry Kamin of Duke University Medical Center. Other members of the committee were Philip Farrell (University of Wisconsin, Madison), Helen A. Guthrie (Pennsylvania State University), Victor Herbert (Veterans Administration Medical Center, Bronx, New York), Robert Hodges (University of California, Irvine Medical Center), Max K. Horwitt (St. Louis University School of Medicine), Orville Levander (U.S. Department of Agriculture), Hellen Linkswiler (deceased; University of Wisconsin, Madison), James A. Olson (Iowa State University), and Peter L. Pellett (University of Massachusetts, Amherst). The Food and Nutrition Board staff included Myrtle L. Brown (executive secretary until August 1983), Sushma Palmer (director from July 1983), Linda D. Myers (project director), Frances M. Peter (editor), Marianne E. La Veille (research associate), and secretaries Susan Barron, Shirley E. Cole, Avis I. Harris, and Janie B. Marshall.

Preface

This tenth edition of the *Recommended Dietary Allowances* (RDAs) reflects the work of two panels of the Food and Nutrition Board. The first, the Committee on Dietary Allowances, was appointed in 1980 and by 1985 had prepared a draft of this edition that, after an outside review overseen by the Report Review Committee of the National Research Council (NRC), was postponed for further consideration (Press, 1985). The second panel, a subcommittee of the Food and Nutrition Board (FNB) itself, was appointed in 1987 to complete this, the tenth edition of the RDAs.

The FNB subcommittee began work in June 1987 under sponsorship of the National Institute of Diabetes, Digestive, and Kidney Diseases. Throughout its efforts, the subcommittee was keenly aware of the breadth of expertise needed to address its charge. Accordingly, after establishing criteria for developing RDAs that would be applied across nutrients, the subcommittee held special meetings with invited experts on several nutrients and consulted widely on difficult-to-resolve issues and on the importance of new scientific data. Although the subcommittee sought the advice of others and considered the critiques of outside reviewers, it takes full responsibility for the recommendations and for any errors that may have escaped its attention.

This report has been approved by the Food and Nutrition Board and the NRC Report Review Committee. Both are satisfied that the tenth edition reflects a concurrence of scientific opinion and will be appropriate for use by governmental and private agencies as a basis for developing nutrition programs and policies pertaining to public health.

The subcommittee thanks the many consultants who provided advice and help in revising the draft report: Drs. John G. Bieri, Gladys Block, George M. Briggs (deceased), C. Wayne Callaway, Kenneth J. Carpenter, Frank Chytil, William E. Connor, Steven Cummings, Peter R. Dallman, Stanley N. Gershoff, DeWitt S. Goodman, J.-P. Habicht, Phillip Harvey, Michael N. Kazarinoff, Janet C. King, Orville A. Levander, Sheldon Margen, Velimir Matkovic, Donald B. McCormick, Dennis Miller, Curtis D. Morris, Suzanne Murphy, Susan M. Oace, Robert R. Recker, Floyd C. Rector, Jerry M. Rivers, Howarde E. Sauberlich, Ruth Schwartz, Barry Shane, E.L. Robert Stokstad, John W. Suttie, Barbara A. Underwood, Robert H. Wasserman, and Regina Ziegler. We also wish to thank the members of the Board's Committee on Nutritional Status During Pregnancy and Lactation and its three subcommittees, whose members reviewed and commented on this report.

The subcommittee is also grateful to Dr. Alvin G. Lazen of the Commission on Life Sciences and to the staff of the Food and Nutrition Board for their help during various phases of our work: Dr. Sushma Palmer, Frances Peter, Aldon Griffis, Marian Millstone, Marion Ramsey Roberts, Sandra Johnson, Molly McGlade, and especially Dr. Paul R. Thomas for his able support to the subcommittee throughout the study.

Richard J. Havel, *Chairman*
Food and Nutrition Board and
the Subcommittee on the Tenth
Edition of the RDAs

REFERENCE

- Press, F. 1985. Postponement of the 10th edition of the RDAs. *J. Am. Diet. Assoc.* 85:1644-1645.

Recommended Dietary Allowances

10th Edition

Subcommittee on the Tenth Edition of the RDAs
Food and Nutrition Board
Commission on Life Sciences
National Research Council

NATIONAL ACADEMY PRESS
Washington, B.C. 1989